

Program Calendar

We've been there. We care.

Winter 2018

January, February, March, April

Pre-registration is required for all programs. Call us: 914-962-6402 or 800-532-4290

YOGA: A PATH TOWARD WELLNESS

Open to people with breast, ovarian and gynecological cancers

Date: Every Saturday (check our online calendar for exceptions)

Time: 12 noon - 1:30 pm

Location: Club Fit, Jefferson Valley, NY

Experience the benefits of yoga: a stronger, healthier body and a calmer, more focused mind. Emphasis on movement with breath awareness to achieve a tranquil feeling. Appropriate for beginners or advanced students. Come weekly or as often as you'd like. Please obtain your doctor's approval before participating in any wellness program. INSTRUCTOR: Mia Azcue, CYT, E-RYT 500, RPT, a student and teacher of yoga for 20+ years.

WING NITE—FOR MEN ONLY

Open to men whose lives have been affected by a spouse or partner going through breast, ovarian or gynecological cancer.

Date: Wednesdays, January 17 and April 11

Time: 7 - 9 pm

Location: Yorktown Heights, NY

An invitation to men whose lives have been affected by a spouse or partner going through breast, ovarian or gynecological cancer. Come out, relax and enjoy a night out with the guys at a local restaurant. You'll find good company and good food. All you need to do is call to let us know you're coming.

CANASTA, COFFEE & CAMARADERIE

Open to people with breast, ovarian and gynecological cancers.

Dates: Thursdays, 1/18, 2/15, 3/15, 4/19

Time: 10 - 11:30 am

Location: Support Connection office, Yorktown Heights, NY

All are welcome! Beginners as well as experienced players. *Canasta* is a classic card game. *Camaraderie* is mutual trust and friendship among people who spend time together. Combined, they make a perfect match! Join us for a morning of cards, companionship and coffee. Enjoy time spent with others who are also living with cancer. Light refreshments provided.



MARGE'S KNITTING CIRCLE

Open to people with breast, ovarian and gynecological cancers

Dates: Thursdays, 1/25, 2/22, 3/22, 4/26

Time: 2 - 3:30 pm

Location: Support Connection office, Yorktown Heights, NY

All are welcome at our circle: Experienced crafters as well as those who'd like to learn the basics of knitting or crocheting. Our moderator will be happy to help you learn or to complete a forgotten project. Enjoy the beauty of new stitches, the textures and colors of yarn, and the camaraderie of a shared interest while spending time with other women who've also heard the words "you have cancer."

BOOK CLUB

Open to people living with breast, ovarian and gynecological cancers.

Date: Thursday, February 22

Time: 7 - 9 pm

Location: NY-Presbyterian Hudson Valley Hospital, Cortlandt Manor, NY

Book selection: *The Handmaid's Tale* by Margaret Atwood. Written and published in the 1980's, *The Handmaid's Tale* journeys into a totalitarian society that has replaced the United States in a not-too-distant century. Join us as we explore this future fiction and discuss where it takes us. "*Just as the world of Orwell's 1984 gripped our imaginations, so will the world of Atwood's handmaid.*" Joyce Johnson, *The Washington Post*.

Discussion leader: Amy Curran Baker, author of *Now What? A Guide to Recovery After Mastectomy*. We are always looking for good book suggestions. Please send suggested titles to andrea.karl@supportconnection.org

MEN'S NIGHT OUT: FOR MEN LIVING WITH LOSS

Open to men who have lost a spouse or partner to breast, ovarian or gynecological cancer.

Date: Wednesday, February 28

Time: 7 - 9 pm

Location: Yorktown Heights, NY

This is an invitation from Support Connection to meet and connect with other men who have lost a spouse or partner to breast, ovarian or gynecological cancer. Spend a casual night out with good company and good food at a local restaurant. All you need to do is call us to let us know you're coming.

Pre-Registration is required for all programs. Call us: 914-962-6402 or 800-532-4290

NATIONAL EDUCATIONAL WEBINAR: GENETIC TESTING AND COUNSELING FOR BREAST AND OVARIAN CANCER

Open to people nationwide who are living with breast, ovarian or gynecological cancer.

Date: Thursday, February 15

Time: 8-9 pm (EST)

Location: Webinar or Toll-Free Teleconference

Genetic testing is a tool available to those who've been diagnosed with breast and ovarian cancer. Understanding what tests are available and what results mean can be confusing. This program will address the many factors involved in genetic testing and counseling. **Topics will include:** What's new in genetic testing for breast and ovarian cancer? • Who should get genetic testing for cancer genes? • What if I had genetic testing before? Should I do it again? • How can I use the most up-to-date genetic information for myself and my family? • What do my results mean for my daughter, sister, or niece?

SPEAKER: Wendy Chung, M.D., Ph.D: A medical and molecular geneticist, and the Kennedy Family Professor of Pediatrics and Medicine at Columbia University. Dr. Chung directs NIH funded research programs in human genetics of breast cancer, heart disease, and birth defects. She leads the Precision Medicine Resource in the Irving Institute at Columbia University.

LADIES NIGHT OUT: PAINT YOUR OWN WINE GLASS

Open to people living with breast, ovarian and gynecological cancers.

Date: Wednesday, March 28

Time: 6:30-8:30 pm

Location: Yorktown Community Cultural Center, Yorktown Heights, NY

Join us for the next offering in our crafting series. Relax and have fun while enjoying light refreshments and good company. Get creative and relieve stress by painting and decorating a wine glass. Using non-toxic paints, beads, and glitter, create a fun piece of art to use or display. No artistic skill needed. Materials and refreshments provided.

INSTRUCTOR: Susan Spillo, art therapist and owner of Create with Susan LLC, a community-based social, fun and therapeutic art workshop.

INTRO TO LANDSCAPE PAINTING FOR BEGINNERS

Open to people living with breast, ovarian and gynecological cancers.

Date: Thursday April 12

Time: 6:15 - 8:15 pm

Location: East Fishkill Community Library , Hopewell Junction, NY

(Intro to Landscape Painting for Beginners con't.)

Being creative is a wonderful way to unwind, enjoy yourself, and focus your attention on whatever you're creating. In this workshop, learn how to paint a soothing landscape scene from start to finish. Working from photographs of nature, learn simple brushwork techniques using acrylic paints to depict natural scenery such as mountains, valleys, trees, rivers, and forests, capturing the tranquility of nature while experiencing the healing power of painting.

No painting experience or artistic skill necessary. Led by an instructor from Mill Street Loft, a community-based, multi-arts educational center. www.millstreetloft.org

TAI CHI: EIGHT PIECES OF TREASURE

Open to people living with breast, ovarian and gynecological cancers.

Dates: Fridays: Apr. 13, 20, 27; May 4, 11, 18, 25; June 1

Time: 10:30-11:30 am

Location: Yorktown Community Cultural Center, Yorktown Heights, NY

Tai Chi (TIE-chee) is a form of moving meditation that promotes serenity through gentle movements, connecting the mind and body. Tai Chi can enhance mental clarity, emotional equilibrium and overall health.

Learn "The Eight Pieces of Treasure": Eight of the most powerful and effective movements for improving health and balancing all your meridians and acupuncture points. The process is enhanced by beautiful guided meditation and music that accompanies each movement. Can be practiced standing or sitting in a chair. No experience is necessary.

INSTRUCTOR: Chun Kim-Levin has been a healthcare professional for over 35 years and is the founder of Life-Spring Holistic Services. She has studied Tai Chi since the mid 1990's.

INTIMACY AND SEXUALITY... AND CANCER? AN OPEN DISCUSSION

Open to people living with breast, ovarian and gynecological cancers.

Date: Wednesday, April 25

Time: 7 - 8:30 pm

Location: Support Connection office, Yorktown Heights, NY

The diagnosis was given, the surgery and treatments are over, yet the impact of cancer continues. Many of you express that sexuality and intimacy were greatly affected as a result of your cancer journey. No one prepares us for these changes, but they are real and part of all of our stories. Each of us is the expert on how cancer uniquely affected us. This open discussion provides a venue to discuss your opinions and thoughts on this delicate subject with others who had similar experiences. Please join us as we share concerns, information and our ideas on how to cope. The discussion will be led by a Peer Counselor.

SUPPORT GROUPS

All services are **FREE AND CONFIDENTIAL**.

For a complete month-by-month calendar visit www.supportconnection.org.

Registration is required for all groups and programs: 914-962-6402 or 800-532-4290

Support Groups are held once a month.

Groups are offered in Westchester, Putnam & Dutchess Counties, and by national toll-free teleconference.

All support groups are led by trained facilitators who are cancer survivors.

NOTE: At times, dates may differ due to holidays or other scheduling issues. Please call us with any questions.

<p>Breast and Ovarian Cancer Support Groups Open to women with breast, ovarian or gynecological cancer. We all know there are many common factors to any cancer diagnosis. Join other women who have also been diagnosed as we discuss all stages of diagnosis, treatment and post-treatment.</p>	<p>No. West. Hospital @ Chappaqua Crossing, Chappaqua, NY 1st Wednesday of each month - 7 pm Support Connection office, Yorktown Heights, NY 1st Thursday of each month - 10 am East Fishkill Community Library, Hopewell Junction, NY 2nd Tuesday of each month - 10:15 am Putnam Hospital, Carmel, NY 3rd Wednesday of each month - 7 pm Support Connection office, Yorktown Heights, NY 4th Tuesday of each month - 7 pm Vassar Brothers Medical Center, Poughkeepsie, NY 4th Thursday of each month - 7 pm</p>
<p>Young Women’s Breast and Ovarian Cancer Support Group Open to women who have been diagnosed with breast, ovarian or gynecological cancer at a young age. Join other women who were also diagnosed at a young age as we discuss issues pertaining to all stages of diagnosis, treatment and post-treatment.</p>	<p>Support Connection office, Yorktown Heights, NY 2nd Wednesday of each month - 7 pm</p>
<p>Breast Cancer Support Groups Open to women with breast cancer. Join other women who have also heard the words “you have breast cancer” as we discuss issues pertaining to all stages of diagnosis, treatment and post-treatment.</p>	<p>NewYork-Presbyterian Hudson Valley Hospital, Cortlandt Manor, NY 3rd Monday of each month - 7 pm</p>
<p>Advanced Stage or Metastatic Cancer Support Group Open to women with breast, ovarian or gynecological cancer. Join other women who are also living with a recurrent, advanced stage or metastatic cancer. Share information, resources and support.</p>	<p>Support Connection office, Yorktown Heights, NY 3rd Friday of each month - 12:30 pm</p>
<p>National Toll-Free Telephone Group: Ovarian Cancer Open to women with ovarian or gynecological cancer. Speak with other women nationwide from the comfort of your home. Discuss issues pertaining to all stages of diagnosis, treatment, and post-treatment.</p>	<p>Toll-Free Telephone 2nd Wednesday of each month, 8 pm (NY time) <i>For instructions to register for this national toll-free teleconference, please call Support Connection IN ADVANCE at 914-962-6402 or 800-532-4290.</i></p>
<p>National Toll-Free Telephone Group: Advanced Stage or Metastatic Breast Cancer Open to women who are living with recurrent, advanced stage or metastatic breast cancer. Speak with other women nationwide from the comfort of your home. Share information, resources and support.</p>	<p>Toll-Free Telephone 1st Monday of each month, 8 pm (NY time) <i>For instructions to register for this national toll-free teleconference, please call Support Connection IN ADVANCE at 914-962-6402 or 800-532-4290.</i></p>

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STAFF

Katherine Quinn, Executive Director
Barbara Cervoni, Director, Services and Communication
Andrea Karl, Peer Counselor
Robin Perlmutter, Peer Counselor
Marlene Stager, Peer Counselor
Celeste Baccari, Communications and Administrative
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Marisa Giuliano, Development and Business Coordinator
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PLEASE SAVE THE DATES

Spring Benefit

Friday, April 20, 2018

Villa Barone Hilltop Manor, Mahopac, NY

Golf Outing

June 2018

Date and Location to Follow

Annual Support-A-Walk

Sunday, October 7, 2018

FDR State Park, Yorktown Heights, NY



*To learn more about our events,
and to view photos, thank you's,
and stories from past events,
visit our website www.supportconnection.org.*

IT'S NOT TOO LATE!

Please consider making a year-end gift that will enable Support Connection to continue helping women with breast and ovarian cancer.

All donations are tax-deductible to the extent allowed by law.

Mail checks payable to:

Support Connection
40 Triangle Center, Suite 100
Yorktown Heights, NY 10598

Or, donate online at
www.supportconnection.org.



Your Donations at Work.....

I can't thank all of the staff at Support Connection enough for all the caring, kindness and comfort they've given me over these past 5+ years. They're always there for me."

Julie, an ovarian cancer survivor